

focus on PRIDE

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A PILLAR IN THE COMMUNITY

When Robert Stull, D.O., relocated his practice on Oct. 23, 2001, Mayor Richard T. Fluck proclaimed it Health Center at Hellertown Day. Stull has cared for Hellertown's residents for more than 20 years.

HOME SWEET HELLERTOWN

**IN HELLERTOWN AND LOWER SAUCON, HOMESPUN CARE
UNITES A SMALL TOWN AND A GROWING REGION**

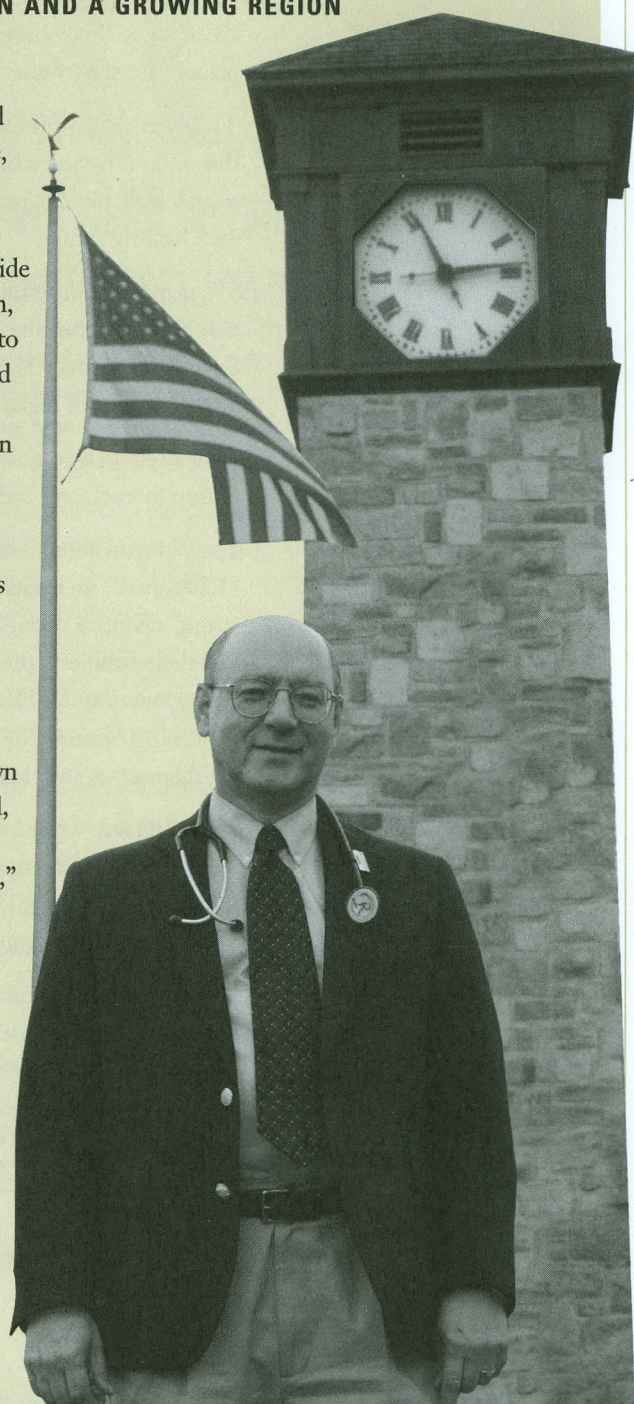
If you've lived in or around Hellertown your entire life, chances are you know Robert Stull, D.O.

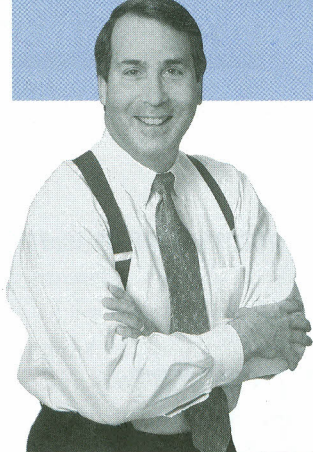
Perhaps you worked alongside Stull in summers past when, as a college student trying to make ends meet, he labored at Bethlehem Steel. Maybe you picked up a prescription from him in the mid-1970s when he worked as a pharmacist at a local drugstore. Or perhaps he's been your primary care physician since 1979, when his practice opened.

When you walk into the Health Center at Hellertown for your appointment, Stull, a South Bethlehem native and adopted "Hellertonian," likely knows you, too. Or you might know his wife, Debbie, who works at the front desk.

"Hellertown is a strong, connected community," Stull says. "You'll treat one person, and it's likely a relative or friend will stop by sometime afterward."

Continued on page 3





The THREAD of CARE

We exist to keep our community members healthy in the best ways, places and times throughout their lives. We all have a role in seamless care.

**WE HAVE
ONE FOCUS:**
*to protect and
improve the
health of
our entire
community.*

With 6,800 employees, 1,200 staff physicians and a menu of dozens of services, it's easy to view LVHHN as a complex organization. But when we boil it down, we see that we have *one* focus: to protect and improve the health of our entire community.

It is our obligation—and our privilege—to provide outstanding, seamless care for our friends, family and neighbors throughout our region. Our patients come from all walks of life and backgrounds and are all sizes. They have different health care needs. We connect with those needs in many ways and places, and stay connected throughout their lives.

Their path at LVHHN may begin by calling 610-402-CARE to find the right doctor and continue throughout having a baby, learning to care for their child at all ages, enrolling in *Healthy You* classes to stay well, understanding health insurance, caring for an elderly relative and taking control of their own healthy aging.

We provide a continuity of care and accessible services that stretch from three hospitals and five neighborhood health centers to physician offices, schools, workplaces and homes. Every year, we care for more than 35,000 people in our hospitals and 220,000 in outpatient settings, deliver over 3,000 babies and make 100,000 home care visits.

How does it all come together? Extraordinary care is the sum of individual commitment and contribution by each and every one of us—and the thread is illustrated throughout this issue of *CheckUp*.

You can read about a family doctor who provides hometown care at the Health Center at Hellertown...an exercise coach who helps a woman with diabetes and knee trouble become strong again...a caring team at Central Elementary School that reaches out to needy children and their families...the 17th & Chew providers who create a hub of ambulatory services...nurse practitioners at the Health Center at Trexlertown who take extra steps to comfort women during gynecologic exams...home care nurses who help new moms—including their own colleagues—care for themselves and their babies.

As you'll read, we are much more than a broad menu of services. We are experts on the same team with the same mission and values. We easily communicate with each other through innovative information services. We put the whole picture together to care for the whole person, so people don't have to leave home for trusted care.

By doing the right thing for our community and doing it well, we remain a trusted and respected "friend" in every household in this region. Our foundation was built more than 100 years ago, and we pave the way for another 100 years through investments in our staff, physicians, services and technology. We all create a legacy of superior care for our children, grandchildren and beyond.

Thank you for making a difference!

Lou Liebhaber
Chief Operating Officer

HOME SWEET HELLERTOWN

Continued from page 1

Everyone knows everyone else here, so your patients are like family."

Today, Stull and his partner, Jeffrey Brown, D.O., deliver comfortable homespun care to Hellertown and the surrounding Lower Saucon community in a new multiservice facility on the lower level at Saucon Valley Manor. Patients can meet with Stull or Brown, then walk across the hall to get a lab test, see a specialist or receive physical therapy, all under one roof.

"Hellertown-area residents want to receive their health care close to home," Stull says. "Now, if they need to see a cardiologist, urologist or other specialist, they can come here instead of having to travel."

Through the years, Stull has cared for up to three generations in the same family. As a family practitioner, he can treat a young adult's cold, a Baby Boomer's hypertension and a senior citizen's arthritis with equal parts familiarity and knowledge.

"For me, the best part is educating younger generations about health care," Stull says. "For example, if I know a person's grandfather had diabetes, I can give her nutritional guidance to help her avoid falling into the family pattern."

That personal touch typifies Stull's dedication. He's board-certified in geriatrics, giving him a fuller understanding of older people's health needs. And, unlike many physicians, both he and Brown have pharmacy degrees, giving them keen insight into the role medications play in patient care.



"I've always looked up to Dr. Stull and respected his judgment," says Brenda Brown, a patient who once worked alongside him at the local drugstore, and now phlebotomist at the health center. "His knowledge of medications is second to none, and he's deeply tied to his patients and the community."

Indeed, it's hard to imagine Stull practicing anywhere else. "People really take pride in Hellertown," Stull says. "It's very rewarding to treat so many friends and neighbors who share that same pride."

Kyle Hardner

HISTORY BECKONS—Historical landmarks this grist mill are woven into Hellertown's community fabric. The Health Center at Hellertown is housed in a familiar site—the former Hellertown High School.



Care From the Ground Up

Kristen Balutis, project manager, facilities and construction, is working alongside architects to design the Health Center at Bethlehem Township's interior. The goal: "To make it easy for patients to go from one service to the next," she says.

New Health Center in Bethlehem Township

Where the new Route 33 extension and Freemansburg Avenue meet, Brooks Betts, D.O., of Muhlenberg Primary Care, envisions a place where top-notch health care and one-stop convenience meet.

That place—the Health Center at Bethlehem Township—will offer family practice care, specialty care, laboratory, X-ray and physical therapy in a new building scheduled to open in December.

"Many of my patients from Bethlehem Township and Palmer Township are already anticipating the easy access this site will provide," Betts says.

Other LVHVN-affiliated Health Centers:

- **HEALTH CENTER AT BATH** 6649 Chrisphalt Drive
- **HEALTH CENTER AT HELLERTOWN** 1072 Main St.
- **HEALTH CENTER AT TREXLERTOWN** 6900 Hamilton Blvd.
- **HAMBURG COMMUNITY HEALTH CENTER** 700 Hawk Ridge Drive

A PERSONAL TOUCH—For more on the Health Centers' personalized care, see page 4. Also, see "What's Happening" on page 11 foldout for details of the **Bethlehem Township groundbreaking**.

Learn More About Hellertown—For a brochure explaining the Health Center at Hellertown's services and featuring Jeffrey Brown, D.O., call 610-402-CARE.

DESIGNED ESPECIALLY FOR

Women

Nurse practitioners Cheryl Lichner and Wendy Grube take a feminine and delicate approach in helping women feel comfortable during gynecologic exams



An emergency department doctor from Florida always makes an important stop when she's home to visit her family. It's her yearly gynecologic exam at the Health Center at Trexlertown with nurse practitioners Wendy Grube and Cheryl Lichner, who have cared for her since college.

A group of five friends always pencil in their yearly get-togethers and exams with Grube and Lichner for the same day. They take care of their checkups, blood tests, mammograms, and osteoporosis screenings at the health center, then do lunch.

- ♥ Women and teens express feelings in a journal while in the "family room," a feminine lounge with flowers, knitted blankets and potpourri. "One small step for women. One giant leap for womankind," writes one young lady.

There's something about this place that brings women together. It's the special experience that Grube and Lichner create for their patients. "Nobody likes gynecologic exams — we know from personal experience," Lichner says. "We are women caring for women in the most sensitive way."

They've found a cure for the "white coat syndrome"—and even better yet, the "paper gown syndrome." Women wear handmade flowered cotton gowns with lace collars. The gowns open on the side so women don't feel "exposed." "When we wear something prettier, we feel more comfortable," Grube says.

And for the part when we hold our breath? Women take comfort in knowing that the nurses warm the instruments and footpads before the exam, and use disposable speculums. "We have special speculums, too, designed for first exams," Grube says.

Because They Know—Nurse practitioners Cheryl Lichner (left) and Wendy Grube take special steps for their patients' comfort, such as providing handmade flowered gowns and a journal for recording their feelings.

Grube and Lichner, who earned master's degrees from the University of Pennsylvania, do minor gyn surgery and prescribe medicine. They educate with fun teaching tools and books such as *The Female Body: An Owner's Manual*, and link women to exercise classes, mammograms, the learning library and more at Trexlertown. "We individualize care for each woman and invite her to bring a loved one with her if that is more comfortable," Lichner says.

They talk frankly with teens about sexually transmitted diseases and gain their trust on other sensitive issues. "We taught a 14-year-old girl how to use a tampon with her mother's support," Lichner says. "We supported another teen after a boyfriend scared her into thinking she had PMDD (premenstrual dysphoric disorder)."

They schedule special one-hour sessions with women entering menopause. "Half of the women prescribed HRT don't fill their prescriptions," Grube says. "Why? Because taking HRT wasn't her decision. We provide the information that guides her to her own choice."

They form relationships and "go through joys and struggles with patients," Lichner says. And their patients' gratitude pours onto the pages of the journal. "I feel like a person and not a number here," one woman writes. "I love you both!"

Pamela Maurer

Nurse Practitioners Talk Osteoporosis—Read the article in a Health Center at Trexlertown guide, and learn about the Healthy Rewards program there. Call 610-402-CARE.

Where Health CLASS Is ALWAYS In

ONE CHILD AT A TIME, LVHHN staff at Central Elementary School Pediatric Health Center helps neighborhood youngsters make the grade with good health

It's 8:30 on a blustery spring morning and in the Central Elementary School Pediatric Health Center in Allentown; it's standing room only. One child has a bump on her forehead. Another is running a 100-degree fever, and a little girl in the corner is feeling sick to her stomach.

LVHHN director of school health Lenore McGonigle surveys the scene. "This is a typical day," she says with a sigh. The gentle humor in no way diminishes the love and caring that's dispensed as liberally as Band-Aids, and immunizations.

Funded in part by the Dorothy Rider Pool Health Care Trust and the Holt Family Foundation, the pediatric health center is a community outreach project of LVHHN in partnership with the school. Treating the daily parade of aches and pains is only part of the job. Health center staff plays an important role in community wellness by caring for Central School's children and their siblings, all from low-income households.

In between immunizations and well-child checks, Peg Parry, R.N., moves with practiced efficiency. Her questions reveal the unique challenges of her work. "Have you had your breakfast? When was the last time you had a bath? Is there hot water in your house?"

"These children are from families struggling to make ends meet," says Mark Young, M.D., chairman, community health and health studies. "For them, health care takes a back seat to putting food on the table or paying the rent. That's why it's so important for us to be here."

Parent education is core to the health center's mission, and the entire staff is dedicated to teaching. Nurse practitioner Kristin Flora gives a well-child check to a 7-month-old baby, explaining to his mother the importance of routine checkups. Flora loves spending time with families, teaching everything from nutrition to bicycle safety. "We really work on building relationships through trust," she says.

Satisfied that the baby is happy and healthy, Flora smiles. "This is what it's all about," she says.

Elizabeth McDonald



EXTENDED FAMILY—Peg Parry, R.N. (left), became like family to Emilie Nealis after she learned how proper nourishment would improve the health of her infant son Jawon, now 2-1/2 years old.

VOLUNTEER AT THE SCHOOL

In the Allentown School District, opportunities abound and volunteers from neighboring communities are invited to share their time and talents.

Come to a school board meeting and bring your ideas. Tutor a child in math or reading. Become a classroom aide.

Want to Know More?

For a copy of the Central School Pediatric Health Center annual report, call 610-402-CARE. To learn about volunteering, call Jean Billig-Masiko, Allentown School District Community Council, at 610-298-8220, or visit the school district web site at www.allentownsd.org.

GROWING TOGETHER

It's been seven years since the ASU opened at 17th & Chew and as Gary Kratzer discovers,
the team there just keeps getting better

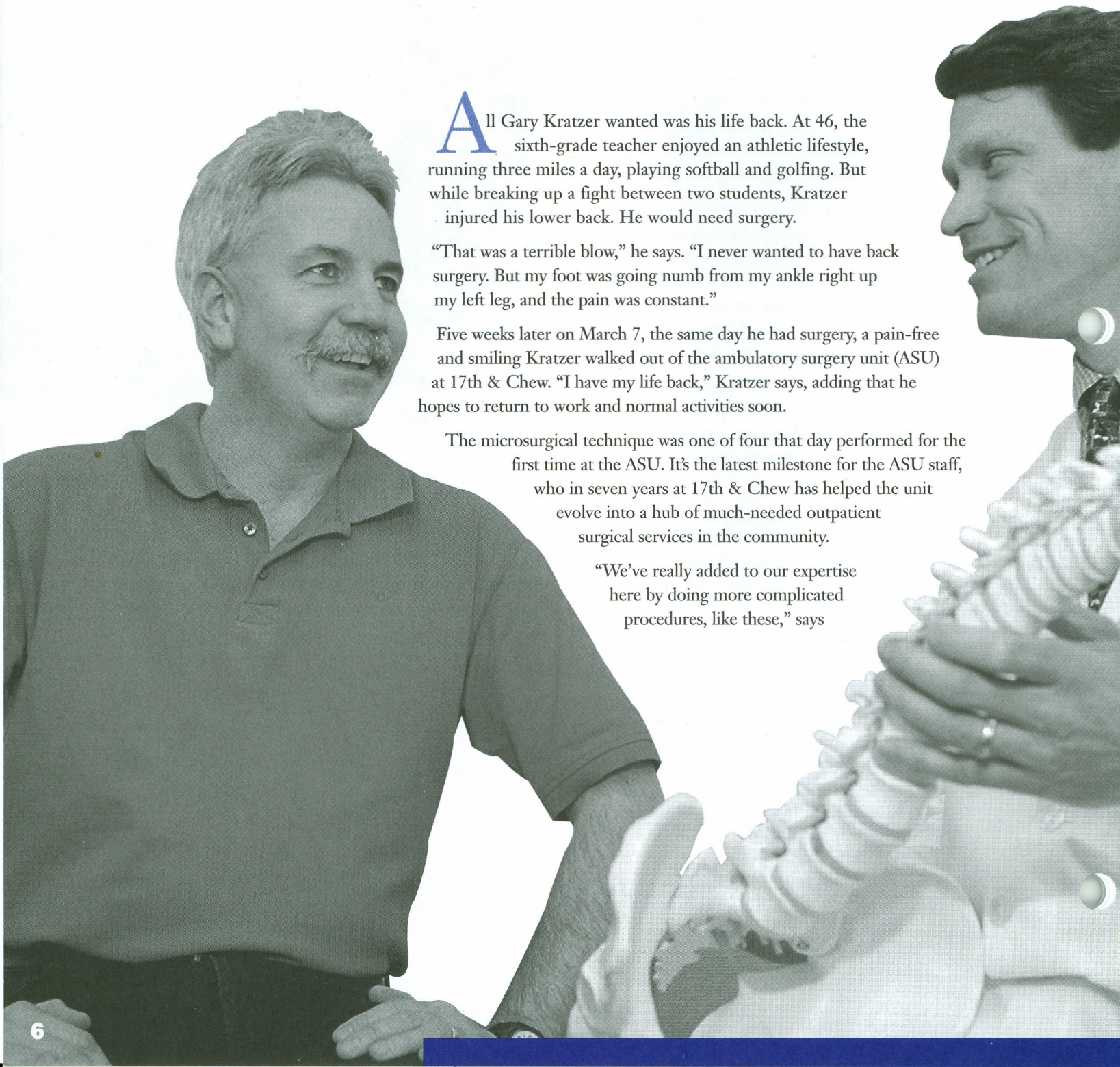
All Gary Kratzer wanted was his life back. At 46, the sixth-grade teacher enjoyed an athletic lifestyle, running three miles a day, playing softball and golfing. But while breaking up a fight between two students, Kratzer injured his lower back. He would need surgery.

"That was a terrible blow," he says. "I never wanted to have back surgery. But my foot was going numb from my ankle right up my left leg, and the pain was constant."

Five weeks later on March 7, the same day he had surgery, a pain-free and smiling Kratzer walked out of the ambulatory surgery unit (ASU) at 17th & Chew. "I have my life back," Kratzer says, adding that he hopes to return to work and normal activities soon.

The microsurgical technique was one of four that day performed for the first time at the ASU. It's the latest milestone for the ASU staff, who in seven years at 17th & Chew has helped the unit evolve into a hub of much-needed outpatient surgical services in the community.

"We've really added to our expertise here by doing more complicated procedures, like these," says



Sue Trinkle, R.N., who along with Sue Mohr, R.N., scrubbed in on the four surgeries. "The other nurses can't wait to be involved with the procedure."

Since 1995, surgical volume at the ASU has increased about 9 percent and shows no signs of slowing down. Factor in a caring and experienced staff with a Quality Quest Award for pain management, and you have a formula for success.

"We have a knowledge base that's incredible," says patient care specialist Rosie Wimmer, R.N. "Some of our people have worked in the operating room for 20 or 30 years. Many take continuing education classes and share what they learn with their peers."

Kratzer admittedly was anxious about back surgery. But that changed after meeting with orthopedic surgeon James Weis, M.D., and the ASU staff. "Everyone from pre-admission testing to the nurses and the anesthesiologist was fantastic," he says. "They told me exactly what was going to happen and really put me at ease."

Kratzer was further impressed when ASU staff called him the day after his surgery to see how he was doing. "Our PACU nurses call all our patients after discharge to follow up on the care they received," says Carol Kovalchik, R.N., and the specialty team coordinator of the ASU/OR.

The procedure Kratzer and the others had that day gave staff on the ASU and medical-surgical nurses on 4S a chance to build skills through teamwork. Trinkle, Kovalchik and Mohr spent a day with operating room nurses at Cedar Crest learning equipment, patient positioning and the surgical routine.

It was time well-spent and the day of the surgeries on the ASU ended as it began—on an energy high.

"Everybody was so excited," Trinkle says, "and we worked so well together because we were prepared."

Elizabeth McDonald

Another 100 Years at 17th & Chew

FIRST PHASE ALMOST COMPLETE

The ASU isn't the only thing at 17th & Chew that's keeping pace with the times. The first phase of a multimillion dollar expansion is targeted for completion in May with new services and a new look.

In addition to an impressive new entrance and lobby, food court and gift shop, there will be a part-time play center for children of outpatients—an LVHHN first. The project also will bring together such frequently used services as radiology and a new Diagnostic Care Center with testing for cardiac stress, neurology, speech, hearing and lungs.

"Everything will be centralized, making it much more convenient for our patients," says Sheila Sferrella, radiology administrator.

To celebrate the completion of Phase I at 17th & Chew, an old-fashioned English tea for LVHHN employees will be held in June.

Be sure to read the May issue of *CheckUp* for dates and times.

LEHIGH VALLEY HERITAGE



At 17th & Chew, historical displays of hospital memorabilia and vintage photographic murals from Allentown days of yore will pay tribute to the hospital's time-honored past.

Orthopedic surgeon James Weis, M.D., held a model and drew diagrams to explain Gary Kratzer's surgery in advance. "I have nothing but 100 percent praise for the care I received from start to finish," Kratzer says. "The results have been fantastic."

Home Care Nurse Reassures a New Mom

Though she's a nurse herself, Rebecca Weir was very happy to see home care nurse Jenelle Wiley at her door



WEIGHING IN—Lehigh Valley Home Care nurse Jenelle Wiley (left) checks the progress of little Brianna Weir, born on Feb. 22. Mom Rebecca Weir is an LVHHN home care nurse herself, specializing in geriatrics.

Is my baby eating enough?

Is she dehydrated?

Is she gaining enough weight?

These were some of the questions that ran through Rebecca Weir's mind after she gave birth to Brianna in February. Never mind that she was an R.N. and a second-time parent—as Weir discovered, a medical professional has the same concerns as any other new mother. Happily for her, answers came knocking on her door in the form of Jenelle Wiley, a maternal/child nurse with LVHHN's Lehigh Valley Home Care.

A sense of security is what most of her patients are looking for when they request a home visit, Wiley says. "Even third-time mothers want a professional assessment to ensure that everything is OK."

Home care visits occur three to five days after the birth and cover a wide range of topics, from breastfeeding to infant care to immunizations. "We talk about how the mother is doing, including signs and symptoms of postpartum depression," Wiley says. "And we plan ahead for things like baby-proofing the home."

The first visit typically lasts at least an hour-and-a-half. Wiley sometimes suggests a second visit, especially if the mother is learning to breastfeed.

On her home care visit, Weir got a refresher course on C-section recovery. That's how she'd given birth to her first baby, Dravyn. "But after five years, I forgot how long my incision was supposed to bleed," she says. "Jenelle saved the obstetrician quite a few phone calls!"

Weir also appreciated Wiley's insight on how to handle sibling jealousy. "She suggested setting aside special time to do things just with Dravyn, and also that I involve him in caring for the new baby," Weir says.

One of the best things about a home care visit, of course, is the convenience for new parents. Weir didn't even have to go to the obstetrician's office to have her surgical staples removed. "My doctor thought it was a great idea to have someone come to me," she says.

Wiley encourages expectant mothers to ask their health care provider and insurance company about home care well ahead of the birth date. Most insurers allow for at least one visit. "Doctors appreciate it because we go over everything in detail," she says. "Mothers get a lot of information and answers to all those questions that come up between leaving the hospital and their first pediatrician visit."

THE NEXT VISIT

Due in June, Teri Gerhard, physical therapy manager for Lehigh Valley Home Care, will be among four other home care employees who have had babies since last November.



If you're pregnant or recently gave birth, ask your doctor about a referral to home care.

HOW

EXERCISE

CHANGED HER LIFE



The LVH-Muhlenberg Health and Fitness Center keeps Marlene Troxell on the fast track to wellness

WORKING WITH HER "COACH"—Exercise physiologist Patrick Rooney guides Marlene Troxell through a workout at the LVH-Muhlenberg Health and Fitness Center. "When something serious like diabetes enters your life, you need to talk to someone experienced who can help," Troxell says. "Patrick found the right exercise mix for me and is always interested in my progress."

For Marlene Troxell, cutting the lawn and planting flowers were true summertime pleasures. But a February 1997 fall that damaged both her knees threatened to end her joy of gardening.

While two surgeries repaired the torn cartilage in her left knee, she lost her "pep" in the process. Depressed, she turned to food and gained 50 pounds, worsening her condition. "I became a carbohydrates and sweets eater," she says.

Then came a life-changing moment: a March 2001 diagnosis of Type 2 diabetes. Motivated by fear, she put away the cakes and sweets, put on her walking shoes and immediately began improving her health.

"My father had diabetes and controlled it with insulin, but I didn't want to be like that," Troxell says. "I felt like medication was a crutch. I knew diet and exercise could help me, so I jumped right in."

Walking provided a great start, but a December surgery on her right knee forced Troxell to begin anew. Her surgeon, Thomas Meade, M.D., prescribed physical rehabilitation at LVH-Muhlenberg, near her Bethlehem home. After rehab, Troxell continued exercising two to three times each week at the LVH-Muhlenberg Health and Fitness Center. There, Patrick Rooney, exercise physiologist, became her personal trainer, coach and confidant.

Rooney developed Troxell's personal fitness plan, taking into account physical and nutritional goals. "Marlene's

mission was to lower her total percent of body fat," Rooney says. "We first focused on functional exercises, such as climbing stairs, then gradually moved into floor exercises and weight training."

As a result, Troxell shed 3 percent of body fat, but grew concerned her upper arms would "bulk up" too much. Rooney addressed those worries by altering her workout. "Now she continues weight training, but focuses on adding repetitions instead of increasing weight," he says. "Those increased reps emphasize endurance instead of muscle buildup."

Today, Troxell is 40 pounds slimmer. Her hemoglobin A1C test, which shows average blood sugar levels over a three-month period, has dropped from 7.6 (an average blood sugar of 168) to her target of 6.0 (an average of 120). As a result, she's successfully avoided taking diabetes medication so far—and she's ready to fire up the lawnmower again.

"I'll be 65 in a month, but I feel 10 to 15 years younger," Troxell says. "I feel like I never had knee surgery."

Kyle Hardner

JOIN THE FITNESS CENTER

The LVH-Muhlenberg Health and Fitness Center, in the 2649 medical office building, can tailor an exercise program for you, too. Discounted membership rates are available to all LVHNN employees. Call 484-884-2251.

Domestic Violence

A Workplace Issue

You can help a co-worker break the cycle of domestic violence

Most people think domestic violence is solely a home issue, but its effects also reach the workplace.

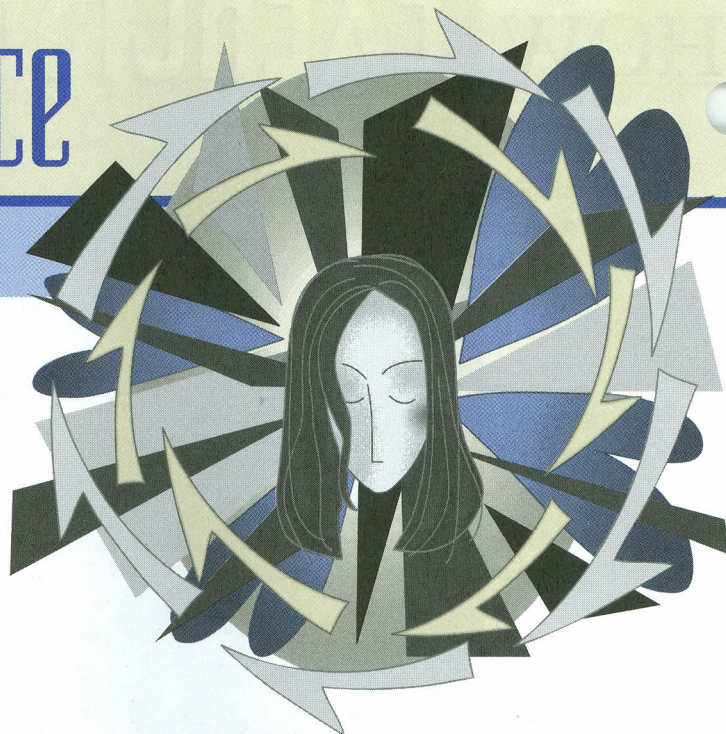
The physical bruises heal, but the emotional scars remain for a long time. Those more subtle emotional signs—frequent absenteeism or tardiness, an inability to concentrate and bouts of depression—are workplace issues.

You might see signs in a co-worker before she herself realizes she's a victim. "When abuse happens to you, you feel ashamed, and your self-esteem is shattered," says family practitioner Julie Dostal, M.D. "Your abuser is controlling your life, and you're so used to it, you don't realize things could be different."

If you suspect a co-worker is a victim, talk with her confidentially. Here is how:

- **Approach the subject gently.** Begin by mentioning some of the signs you've recognized, then ask her if she feels safe at home.
- **Don't play the "blame game."** Don't bad-mouth her abuser or suggest she leave the relationship. "Victims face the most danger when they leave," Dostal says. "Often, leaving isn't an option, because the abuser may have control over the finances or may be threatening her or her family."
- **Offer support and resources.** Let her know that the Preferred Employee Assistance Program (610-433-8550) can provide confidential counseling, and that Turning Point of the Lehigh Valley (610-437-3369) offers free and confidential safety planning, counseling and shelter.

Even if you go through each step, your co-worker might still insist there is no problem. "It may take as many as seven conversations before she acknowledges that she's a victim," Dostal says. "Don't try too hard. If she says no, you can point to the resources, but you shouldn't force her to seek help. Just let her know you care about her safety."



How LVHHN Helps Employees

LVHHN's new domestic violence policy connects victims with resources and provides reassurance and assistance.

"You have a place to turn if this is happening to you," says Jeanne Hoover, human resources consultant. "Your supervisor is prepared to talk about how LVHHN can play a part in your safety."

Assistance, determined on a case-by-case basis, can include additional work security, work schedule adjustments, leave necessary to obtain medical, legal or counseling assistance, and workplace relocation.

The policy has grown from the expert care developed in the EDs here, where specially trained caregivers give personalized screenings and referrals to victims.

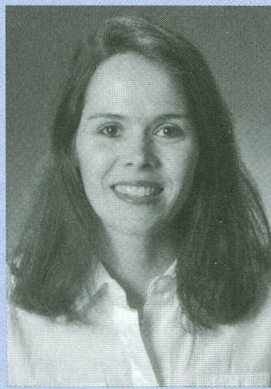
WHERE TO SEEK HELP AT LVHHN

- **For a copy of the policy,** visit the Intranet at www.lvh.com.
- **For medical advice or support,** call employee health at 610-402-8869.
- **For safety concerns** or to make LVHHN aware of a Protection From Abuse (PFA) order, call security at 610-402-1077.
- **To discuss leave options,** call your human resources consultant at 484-884-4700.
- **For emergency care,** visit any LVH emergency department for assistance from staff trained in caring for abused women.

Kyle Hardner

Call 610-402-CARE for a **Healthy You** article about the cycle of domestic violence.

**SHE
REACHED
OUT TO A
FAMILY IN
CRISIS**



Carol Galloway, R.N.

Carol Galloway does "little things all the time" that display kindness and caring, says Maryann Godshall, R.N., pediatric unit at LVH-Cedar Crest. But in early March, Galloway, also a pediatric unit R.N., did something big that exemplified PRIDE.

Two sisters, ages 10 and 15, came to LVH-Cedar Crest after suffering injuries in a multi-vehicle accident that had killed their mother and a brother. Another sister—the 10-year-old's twin—was receiving care at a different hospital.

The girls' father, who lived in Louisiana, was arriving the next day to pick up the first twin at the other facility, then heading to Cedar Crest for the two girls. He had one request: that nobody tell the girls what had happened to their mother and brother until the whole family was together.

Galloway respected the father's wishes, coordinated their meeting and did a whole lot more. She realized that the children had no clothing for discharge, so she purchased outfits for them. She also stayed more than three hours beyond her shift while two of the girls' uncles visited, arranging meals for them and later escorting them to Lehigh Valley International Airport.

"She took it upon herself to make this horrific situation bearable for the poor family," Godshall says. "I'm in awe of her."

Kyle Hardner

Congratulations to April's Service Star Award nominees:

Karen McHugh, imaging clerk, radiology, LVH-Cedar Crest
Nominated by Valerie Hunsicker

Robert Saville, technical partner, PACU, LVH-Cedar Crest
Nominated by Ruth German, R.N.



Want to Nominate a Star?

Go to e-mail's bulletin board at [Forms_rewards](#).
Right click to "use form."

They Improved Practice and Found Cost Savings

Sometimes a Working Wonder appears where you least expect it. Just ask anyone from the safety and quality improvement team that tackled a potentially dangerous problem head-on last year.

"We wondered why the IV tubing for epidurals and PCAs—which contain vastly different concentrations of pain medication—was identical," explains Jane Dillard, R.N., patient care specialist for LVH-Muhlenberg nursing. "We wanted to fix the problem before the situation caused dangerous confusion."

The team researched and discovered new epidural tubing that was just as safe and effective as the existing one, and—best of all—was color-coded yellow. "That puts up an instant stop sign," says Patrick Pagella, R.N., critical care at LVH-Cedar Crest. "You see yellow and you know it's an epidural."

Further research showed that a filter in the new tubing was unnecessary, because a filter was already located in the catheter used with epidurals. The new tubing, less the filter, equaled a Working Wonder.

The team is donating its \$1,051 reward to an LVHHN patient safety fund. "Our driving force is safety," says Jill Green, pharmacy manager, LVH-Cedar Crest. "We didn't expect a reward, so we decided donating it was best."

Kyle Hardner



A COLORFUL FIND

Team member Claranne Mathiesen, R.N., displays the color-coded epidural tubing now used at LVHHN.

Have an Idea?

Submit it via e-mail's bulletin board at [Forms_LVH](#). For information log onto the Intranet at [www.lvh.org](#).

HOW WORKING WONDERS ADDS UP

IDEA Color-coded epidural tubing

BY Jane Dillard, R.N., Jill Green, Ladene Gross, R.N., Claranne Mathiesen, R.N., Fran Miranda, Patrick Pagella, R.N., Marlene Ritter, Betsy Seislove, R.N., Shirley Wagner, R.N., Cathleen Webber, R.N.

ESTIMATED ANNUAL SAVINGS \$7,007

AWARD AMOUNT \$1,051

PALLIATIVE CARE PROGRAM RECEIVES GRANT

Joseph Vincent, M.D., director of LVHHN's palliative care program, recently accepted a \$10,000 donation on behalf of the hospital from the HCR Manor Care Foundation. The grant will be used for educational programs and a clinical consulting service supporting end-of-life care. HCR Manor Care owns and operates long-term care centers throughout the United States, including several in the Lehigh Valley.

SWAT TEAM RECOGNIZED FOR EXCELLENCE

LVHHN's SWAT assessment program was a finalist in the clinical effectiveness category of the 2002 Voluntary Hospitals of America Leadership Awards competition. LVHHN was applauded for its "commitment to performance improvement." More than 50 SWAT team members on all three sites work year-round to ensure LVHHN meets accreditation and other health standards.



A SHOUT OUT TO OUR VOLUNTEERS

LVHHN's 1,117 volunteers donated 148,905 service hours in the past year. A prime example: Earl Saul (pictured) is approaching his 90th birthday and continues to volunteer twice each week at the LVH-17th & Chew inpatient pharmacy. "The best part is the people I work with," he says. "They treat me like a king."

Be sure to thank a volunteer during National Volunteer Week (April 21-27).

BREYFOGLE HONORED FOR COMMUNITY SPIRIT

Dale Breyfogle, community liaison with MESH Community Initiatives, received the Spirit Award from the Greater Northern Lehigh Council of the Lehigh Valley Chamber of Commerce. Breyfogle was recognized for her work with MESH, the Northern Lehigh Pastoral Association and the Northern Lehigh Food Bank; and for her dedication to LVHHN's Perinatal Partnership program, helping mothers-to-be receive good prenatal care.

MEET LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK'S NEW PHYSICIANS

Medicine



Katherine A. Harris, M.D., Ph.D.
Hematology-Medical Oncology

Practice: Hematology-Oncology Associates, Inc.

Education: John Hopkins University; Pennsylvania State University College of Medicine

Residency & Fellowship: University of California, San Francisco



Mark E. Rosenthal, M.D., *Cardiology*

Practice: Abington Medical Specialists

Education: University of Pennsylvania School of Medicine

Residency: Hospital of the University of Pennsylvania

Fellowships: Cedars Sinai Medical Center; Hospital of the University of Pennsylvania

Pediatrics



Christopher J. Morabito, M.D., *Neonatology*

Practice: LVPG-Neonatology

Education: Franklin and Marshall College; Pennsylvania State University College of Medicine

Residency: Stanford University Hospital

Fellowship: University of California, San Francisco

Obstetrics and Gynecology



L. Wayne Hess, M.D., *Maternal-Fetal Medicine/Obstetrics*

Practice: LVPG-Maternal Fetal Medicine

Education: Virginia Polytechnic Institute & State University; Medical College of Virginia

Residency: U.S. Naval Hospital

Fellowship: U.S. Naval Hospital/Walter Reed Army Medical Center

If you have news or a story idea for **CheckUp**, submit your suggestion by the 20th of the month for publication in the following month to Donna Karen Bobo, public affairs, 1770 Bathgate, using interoffice mail or e-mail, or by calling 484-884-4819. LVHHN is an equal opportunity employer. M/F/D/V

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Intranet: www.lvh.com • Internet: www.lvh.org



APRIL 2002 SERVICE ANNIVERSARIES

Congratulations to the following employees on their April 2002 service anniversaries!
Thank you for your continuing service to Lehigh Valley Hospital and Health Network.

35 YEARS OF SERVICE

Ingeborg Miller
Medical Records

30 YEARS OF SERVICE

Kristine L. Kade
6B Medical/Surgical Unit

25 YEARS OF SERVICE

Sandra B. Colon
Patient Accounting

Keturah D. Fritz
Respiratory Therapy

Susan M. Jones
Outpatient Pediatrics

20 YEARS OF SERVICE

Diana Haines
Emergency Department

Carolyn Kyra
Sterile Processing

Donna L. Nonnemacher
HBSNF

Linda J. Permar
Obstetrics

15 YEARS OF SERVICE

Jeanette O. Berta
Trauma Reg. Res. Ctr.

Heather L. Breidigam
Case Management

Cheryl L. Brunovsky
Employee Health Service

Laura S. Carr
Cat Scanning

Melanie Dronick
Operating Room

Susan Galey
Home Care-Skilled Nursing

Nancy B. Harrigle
Medical Records Transcription

Paulette C. Kennedy
Progressive Coronary Care Unit

Helaine M. Kline
LVHS-Finance

Louise M. Mannion
College Heights OB/GYN

Lee Morgan
ICCU/CCU

Noble G. Nassar
Pharmacy

Rosa Pastor
Bethlehem Medical Center

Susan R. Wenner
Progressive Coronary Care Unit

Anne L. Stahley
Special Care Unit

10 YEARS OF SERVICE

Gilbert A. Anthony
Progressive Coronary Care Unit

Bryon K. Brinker
Info. Services Operations

Roxane F. Gross
Home Care-Home Health Aide

James D. Kober
Supplier Services

Cynthia L. Schwartz
Accounts Payable

Debra Smith
Physical Therapy

Orfelio M. Velasquez
Acute Coronary Care Unit

5 YEARS OF SERVICE

Stacey V. Asbell
Spectrum Administrators

Charlene M. Barletta
LVAS-LVH 17th

Kathleen T. Barrett
Progressive Coronary Care Unit

Robert R. Clausnitzer
Physical Therapy

Barry Daley
Information Services Operations

Angela M. DeJesus
Home Care-Skilled Nursing

Jerome C. Deutsch
Emergency Room-17

Yvonne B. Diehl
4C Medical/Surgical Unit

Rosemarie Eberts
Neurological Surgery

Joseph J. Fassl
Emergency Room-CC

S. Perry Fooskas
Emergency Room-CC

Christine Green
Operating Room

Wendi Lynn Groller
OR Centralized Scheduling

Diane L. Hulko
Special Care Unit

Dale M. Kleinbach
Nurse Staffing Office

Dorothy E. Kratzer
5C Medical/Surgical Unit

Ronald A. Lutz
Emergency Room-17

Sandra A. Malone
Patient Accounting

Julie A. Matejicka
Internal Audit

John F. McCarthy
Emergency Room-CC

James G. McHugh
Emergency Room-CC

Karen L. Miller
Repricing-PPO

Marianne R. Mion
TNICU

Evette Niel
Dental

Maria Ortiz
Patient Care Services-3S

Katherine M. Reese
ABC Family Peds.-Pond Rd

David M. Richardson
Emergency Room-CC

Alexander M. Rosenau
Emergency Room-CC

Diane H. Saldukas
Emergency Room-17

Agnes Santiago
5C Medical/Surgical Unit

Anne Schaller
Base Service Unit

Amy D. Scott
Center for Women's Medicine

Roxann Stout
Medical Records Transcription

John E. Thomson
Info Services Administration

Gregg Taylor Torok
Transitional Open Heart Unit

Anthony T. Werhun
Emergency Room-17

Bambi L. Wetzel
Operating Room

Isabella M. White
Transitional Open Heart Unit

Charles C. Worriow
Emergency Room-CC

William E. Zajdel
Emergency Room-CC

MS Walk

April 21, Bethlehem & May 5, Allentown

Join Team "Lehigh Valley Hospital" in the annual MS Walk to raise funds for multiple sclerosis. On April 21, a 7-mile walk will be held at Sand Island, Bethlehem, and on May 5, a 5.5-mile walk will be held at Little Lehigh Parkway, Allentown.

For registration forms, contact Sharon Bartz at 610-402-9008.

Blood Drives

April 22

Monday, April 22 • 6:30 a.m. - 4:30 p.m.

Lobby, LVH-Cedar Crest

Blood donations are always needed. It is a "Gift of Life."

Call or e-mail Kathleen Mundt at 610-402-8180.

**Health Center at Bethlehem Township
Groundbreaking**

April 30

Tuesday, April 30 • 10:30 - 11:30 a.m.

Freemansburg Ave. and Emrick Blvd., Bethlehem Township

Celebrate the start of LVHHN's newest health center with festivities and a continental breakfast.

RSVP to 610-402-CARE

Computer-Based Training

Courses in Access 97, Word 97, PowerPoint 97, Excel 97, Windows NT and GUI e-mail are offered monthly at LVH-Cedar Crest and LVH-Muhlenberg.

To register, go to either the Forms_LVH or Forms_MHC bulletin board on e-mail. Right click to "I/S Computer Educ Request."

OPEN HOUSE Health Center at Hellertown Physical Therapy

April 14

Tuesday, May 14 • 4 - 7 p.m.

Saucon Valley Manor, 1072 Main St. (Route 412)

Lower level, rear entrance

RSVP to 610-402-CARE

May Daze

April 17, 18 & 19

Friday, May 17 • 4-10 p.m.

LVH-Cedar Crest

Saturday, May 18 • 10 a.m.-10 p.m.

Sunday, May 19 • Noon-6 p.m.

- Stop at the health trailer for seated chair massages, carpal tunnel screenings and non-fasting blood sugar screenings.
- Have your collectibles appraised by experts (\$5 for one item, \$10 for three).
- Don't miss the food, rides, music, baked goods, flower sales and more.

Call 610-402-CARE for a full schedule of events.